



EPICS



MONTHLY MAGAZINE
**THE INDIAN
COMMUNITY
SCHOOL (SENIOR)
KUWAIT**

E EMOTIONAL **P** PHYSICAL **I** INTELLECTUAL **C** CULTURAL **S** SPIRITUAL

MARCH 2019



PRINCIPAL'S MESSAGE

Dear Children,

Welcome to the March edition of EPICS. This is the final month of this academic year and only few more days to start the new academic year 2019-20. I am sure that you have been doing well for your second terminal examinations.

We used to hear the term depression in our daily life, do you really know what it actually is?. These days teenagers or young adults get 'depressed' when their relationship fails or they fail in exams or they don't get the course as they decide or they don't get a job of their choice. Depression is a common illness that negatively affects how you feel, the way you think and how you act. Depression causes feelings of sadness or a loss of interest in activities once enjoyed. Here are 9 ways in which you can help yourself in coping with depression.

1. Get some Sun.

Expose yourself to sunlight at least 15 minutes of every day. Sunlight is known to boost your mood and that might just make you feel a lot better. Be it a morning jog or taking a stroll during your break time while you are in school, it will surely help you feel a bit better.

2. Reach out to people.

When you are depressed, you tend to withdraw and isolate yourself by cutting off from friends, family and the outside world in general. However, you must realize that it is important to reach out to people to heal the pain that you are going through for it will only uplift your mood and spirit. Be it in the form of talking to a friend or anyone who you think understands you better or joining a class or volunteering in a social event, being around people will certainly do the required healing.

3. Indulge in things that make you happy.

What is it that you really enjoy doing - painting, playing a musical instrument, reading, writing? While you can't force yourself to have fun but you can certainly push yourself to do things you like doing, even when you don't feel like it, even when it's difficult.

4. Have some physical activity in the day.

When you are fighting with depression, even getting out of your room can be a big task, forget indulging in a work out session.

But try and do some physical activity, be it as small as moving up and down a flight of stairs or walking because exercise is a powerful depression fighter and it will certainly make you feel a lot lighter and better about yourself.

5. Eat healthy.

Indulge in healthy eating, for the food you eat has a direct bearing on how you feel. Grab a bowl of muesli with some yoghurt topped with fresh fruits instead of a burger with loaded cheese fries. Once you start taking care of your food habits, you will surely find a difference in your mood.

6. Think healthy and positive.

You can't change the way you think if you can't (or won't) identify the problem. Accepting that you have negative thoughts and feelings, and that you don't enjoy how you're currently responding to them, can help you begin the process of change. Positive self-talk and self-affirmations can also reduce stress and depression, boost your immune system, and increase your coping skills. Thinking about the past isn't going to change anything. It's only going to make you feel more depressed. You will only end up hurting yourself and spoiling your present and eventually your future. Don't do that to yourself. Take charge of your happiness and your life and start focusing only on the good and you will eventually attract all the great things back into your life.

7. Make it a point to go out at least once in a week...

Love and care yourself is important. Treat yourself to your favourite ice cream at the nearby ice cream parlour or go for a walk in the park for it will only infuse some positivity and colour into your life. Try to make a link with nature while you are going out that will change your mood.

8. Find ways to distract yourself.

Whenever you feel depression, do something that uplifts your mood. Be it talking to someone whom you are fond of, playing a guitar, cooking, listening to music, watching your favourite series on TV and don't let that pain take you in its grasp.

9. Take Meditation

Practice meditation, which is a good tool to overcome the stress. Research has shown that meditation may improve the stress with a regular practice. It will reduce the symptoms of anxiety as well. It will improve self-image and more positive outlook on life.

Wishing you the very best for the new academic year 2019-20.

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A TOUCH OF HUMANITY - A REASON TO HOPE

On 7th February 2019, through a special and somber assembly, the Indian Community School Kuwait (Senior) once more opened its arms to a lady, who was in dire need of help.

Cancer, a curable yet painful and harrowing disease, has caused immense distress to many unfortunate people. Mrs. Suraiya Banu Saed Ahmed is one of them. Despite efforts to fight cervix cancer, the treatment of which had been partly aided by ICSK two years back, it has grown more serious, reaching stage 3, accompanied by various other health issues.

ICSK decided to collect money exclusively to help her by opening a green box in which every member of the institution bestowed monetary aid, voluntarily.

EDITORS' NOTE

Dear children,

Greetings from the editorial board!!

Knowing is not enough. Doing is where the magic is. You must believe that true self development in life does not happen until you leave your comfort zone and implement what you have learned. A comfort zone feels good but nothing exciting happens there. When you commit yourself to self development and learn to embrace the discomforts of life, you enter a completely different world of possibilities. That is the secret to change your life to a better version of you. Self development can be simple steps to improve what you already have. However what you need is dedication, determination and a desire to try something that will stretch and challenge you. Deeply understanding who you are and what you can do, can elevate your confidence to a whole new level. Personal growth and development can make you braver and help you recognize your inner power that can help you confidently face any challenge that comes your way. You are your best friend, so invest in yourself continuously, consistently and reach goals that give you far greater peace and happiness than all the material assets life can offer you. Growth in yourself eventually leads to new opportunities; opportunities that do not occur until you get yourself ready for that. All you have to do is concentrate on yourself and your urge to improve. Start by reading personal development articles, books, blogs and implement the things you learn in your own life. Deeply understand who you are and what you can do.

Send your valuable contributions to

epicseditor@icsk-kw.com



Mrs. Shyna Ramesh



Mrs. Tintu Wilson

CAPTAIN MARVEL

- Marvel Studios' First Female Lead



Captain Marvel (AKA Carol Danvers) is Marvel Studios' first female-led superhero film, which is quite a gamechanger for Marvel since they've added more diversity and inclusivity. She's portrayed by Brie Larson, an Oscar-winning actress.



ABIGAIL YANG
-12 B

The Carol Danvers character was originally created by Thomas and Gene Colan in 1968 as an officer in the U.S. Air Force. Almost a decade later, she gained her powers through an accident and turned into Ms.

Marvel. It's refreshing to see a female-led superhero film (apart from Wonder Woman), having grown up in a world that focuses on male-led superhero films.

Captain Marvel has tremendous powers drawn from her half human, half Kree DNA. Some of her powers include Superhero strength, speed, endurance, and stamina; energy projection and absorption and last but not the least, Flight. Apart from fighting aliens, Captain Marvel represents a strong female superhero with an intricate and complicated past. She struggles with anger issues as well as a sense of purpose. She's also a sparkle-fisted feminist. It's important that we have female role models who inspire us to come out of our comfort zone, rather than conform to society's norms about women.

The 'Carol Corps'- Captain Marvel's fan base, was formed as part of a bigger response to the comic book industry's treatment of women. To fully understand the Carol Corps, you have to understand the comic book industry and how hard it has been for women to be recognized within that industry, both as creators and readers. That struggle is a product of the pernicious myth that women aren't interested in comic books and that comic books aren't made for them, even though women have created and consumed comics for as long as the medium has existed. The Carol Corps represents Carol Danvers's resilience and heroism just as well as, if not better than, the character's own adventures. And her fight to be a hero is theirs too.

She's our Captain to the next level of women empowerment and also an inspiration for us all to look up to.

ICSK ON FACEBOOK AND YOUTUBE

For enhancing our communication with parents, and for updating campus activities via our social media ie Facebook and YouTube, requesting the support of all stakeholders of ICSK in this regards.

Like & Subscribe ICSK in Face book and Youtube

The links are as follows:

<https://www.facebook.com/ICSK-The-Indian-Community-School-Kuwait-536725500151897/?ti=as>



https://www.youtube.com/channel/UCeL6e_N0JzLkLbd12SMtJ8Q



A Tribute to the Iron Hearted Men at Indian Community School Kuwait

“Great achievement is usually borne of great sacrifice, and is never the result of selfishness.” - Napoleon Hill



The Indian Community School Kuwait (Senior) conducted a special programme on 18 February 2019 to pay homage to the CRPF Martyrs of Pulwama Attack. The special programme was conducted with an objective of apprising students about the importance of the Soldiers who lay their lives to protect their motherland.

In pitch dark, charity convener of each class, lit candles to commemorate the fallen soldiers. The candle light was passed on to all the students in audience turning the atmosphere painfully melancholic.

May their sacrifices be forever remembered!

“Martyrdom does not end something, it is only a beginning.” - Indira Gandhi



ICSK Senior immersed in showers of blessings for Prayan 2019



“We hope your dreams take you to the corners of your smiles, to the highest of your hopes, to the windows of your opportunities, and to the most special places your heart has ever known.”

The new academic session for classes X &

XII commenced at the Indian Community School Kuwait (Senior) on Sunday, 28th February 2019 with a blessing ceremony held at the ICSK Senior school auditorium. The children were blessed by the Chief Guest Rev. Fr. Lionel Braganza, Principal of Indian English Academy School, Kuwait and

the ICSK fraternity. Senior Administrator and Principal- Dr. V. Binumon, Vice-Principal-Dr. Sam T. Kuruvila, Mrs. Susan Rajesh, Dy. Vice Principal, Academic Supervisors, Heads of Departments and Teachers who graced the occasion with their benign presence.

The Chief Guest Rev. Fr. Lionel Braganza, blessed the students and advised them to embark on the new academic year with renewed dynamism. He expounded that the teachers are the shepherds and students should follow the path shown by them as it will lead them to greener pastures. He blessed the students with a powerful prayer for a wonderful year ahead for academic excellence.

SCINTILLATING HALA FEBRUARY CELEBRATIONS AT THE INDIAN COMMUNITY SCHOOL KUWAIT SENIOR



“Kuwait is our haven which God has given us, the home he granted us. Kuwait is our origins and branches, security and resolution, protection and glory; the past, present and future.” – Sheikh Jaber Al-Ahmad Al-Sabah
The Indian Community School Kuwait (Senior) showed its appreciation to the second motherland as the students enthusiastically became a part of conducting a special assembly at ICSK (Senior) on 21st February 2019, which was an endeavor by the students of classes 8A and 8C.

A special assembly was conducted by the students which enchanted the audience. It included an Arabic conversation between Master Burhan, Miss Ayesha, Master Ali and Master Murtaza about the National and Liberation days of Kuwait. It was translated in English by Miss Nadia. An impressive performance by the school band, a powerful procession and an amazing dance presentation by the students of classes 8A and 8C brought much excitement in the students.



Academic Performance Review: Class X and XII 2018-19



(Senior), Dr.V.Binumon was the intermediary for the occasion

All the members of the august gathering actively participated in the discussion. Principals of Branch schools shared their valuable thoughts about enhancing the quality of education. They stressed on providing an ecosystem of conceptual learning and giving the students a platform for healthy competition. The teaching fraternity was urged to be impartial towards the students. Teachers from Branch schools deliberated their views on imparting value education to achieve the goal of educational excellence.

Academic Performance Review for Classes X and XII, 2018-19 was held at the Indian Community School Kuwait (Senior) on 7th February, 2019. It was attended by the members of the Board of the Trustees, Principals and Vice Principals of all the

branches of ICSK, the heads of departments, Assistant heads of departments, academic supervisors and teachers of Classes X and XII.

Senior administrator and Principal of ICSK

It was indeed a key step towards heightening the quality of education at ICSK through effective discussion and salubrious sharing of ideas.

AASHISH - The Blessing Ceremony for Class X - 2018-19



A Life long blessing for children is to fill them with warm memories of times together . Happy memories become treasures in heart to put out on the tough days of adulthood."

The Indian Community School, Senior branch organised AASHISH- the blessing ceremony for the outgoing students of class Xth, on February 21,2019 in the school auditorium. On this occasion all the 122 students of class

X registered their enthusiastic presence to make the event memorable and colourful.

The students of class IX mesmerised the audience with colourful and foot tapping dance performance. It was followed by lighting of the lamp.Knowledge is the everlasting wealth that is capable of removing ignorance just as the light removes darkness. A time to reflect back down the memory lane, the feel of nostalgia, emotions,running deep,sentiments and expression of gratitude, advises, reminiscence of joyous moments spent in the school, filled the hearts of the class X students.

VEER JAWAN AMAR RAHE

*"OUR FLAG DOES NOT FLY HIGH BECAUSE THE WIND MOVES IT,
IT FLIES WITH THE LAST BREATH OF EACH SOLDIER WHO DIED PROTECTING IT."*



"It is the cause, not the death that makes the martyr", says Napoleon Bonaparte.

The Central Reserve Police Force (CRPF) is the largest of India's Central Armed Police. It functions under the aegis of the Ministry of Home Affairs of the Government of India.

It is used to supplement the local police forces in contingencies and for countering insurgencies.14th February 2019, was a Black Day for the CRPF and for our nation as well. Nearly 40 CRPF personnel were killed and many others were critically injured when a terrorist drove his vehicle carrying more than 350Kg of explosives into a 78 bus convoy at Avantipura in Jammu and Kashmir's Pulwama District ,and is the deadliest attack ever on the security personnel in the state.

Martyrs are the soldiers who lost their lives defending the sovereignty of our nation. They are respected and are symbols of exceptional leadership and heroism in the face of difficult circumstances.

We, the youth of India denounce terrorism in all its forms and reiterate the need to combat these inhumane acts with a decisive and collective response. We deeply condemn the cowardly act and pay our deep condolences to the bereaved families and stand by them in their hour of sorrow. We salute and honor all those who wrote with their souls and blood.

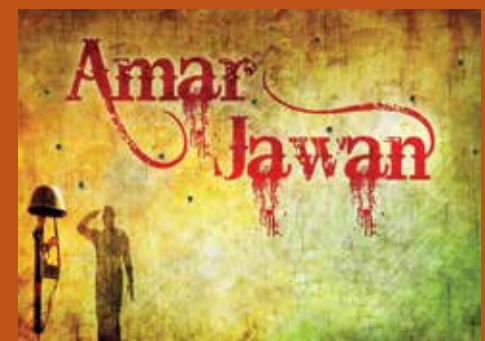
Our martyrs are the real heroes who served us with an expression of appreciation and loyalty and their sacrifices will solidify our will, determination, strength, cohesion and solidarity.



JOHANN PREMJITH
VII-A

We as a nation are forever indebted to their sacrifice and salute the brave sons of Mother India.

OUR MARTYRS ... OUR PRIDE... SALUTE!!!
JAI HIND!!!



THE LAST LETTER



ANDERS SPENCER
12 B

A tear ran down her cheek
As she read the words he wrote.
His dad sat at the table
With a lump in his throat.
The letter was stained
With blood mixed with sand.
It was a letter
From their son in a far off land.
The letter said, Mom the pain I cannot stand.
From the knife that ripped through this young man
I feel the pain so badly
It makes me scream and cry.
I know I will not see you,
I know that I will die.
So I just wanted to say
Before God calls me home
Don't worry about me anymore.
No, I am not alone
I know that there will be days
that you both sit and cry.
I know there will be days
that you wonder why.
The reason is Mom,
this is what I signed up to do
so that our country can stay free and true.
Well, I will go now
things are starting to fade.
No, I am not alone, Mom, nor am I afraid.
But before God calls me home there is something
I must say.
I thought of you all each and every day
The medic, he is trying to keep me alive and ease my pain.
But I must go now
It is time, God, he says so.
I love you all and miss you
No more letters, no more notes.
This is the last letter
The last one I have wrote.

Anders Spencer



AROUND FENCES

Tears escaping the eyes, yet fear
Sitting vigilant to each sparks.
The mother's whimpering, The in
for their heroes!



ANJANA
REMBRASAD X-A

Around Fences; same soul, same heart
But different weapons from different nations
HEROES sitting negligently!
Let the wars come and go,
'I am ready to face it.'

Being vigilant for the soul, yet leaving behind
another soul
Beholding their uniforms
They recall the saying 'JAI HIND'

'SOLDIERS', the real heroes
'A BIG SALUTE TO THEM'

IMPORTANCE OF GOOD MANNERS IN LIFE



NAKSHATRA RAMESH
- 10 A
FAIRNESS
CONDUCT

It is said that "A man's manners are a mirror in which he shows his portrait". Hence, it is necessary to have good manners to be respectful in public. We think that intelligence and money are the only ways to gain respect among people and in society, but this is a very wrong notion. Even if one is intelligent or rich or both at the same time he won't be treated with respect if he lacks good manners and treats others well.

The way one behaves in public sets a standard for other people also to behave with him accordingly. The need of adopting good manners in public is not only to gain respect, but also to show people that you are considerate about their feelings and their dignity. Moreover, good manners lead to good habits and good habits eventually lead to individual growth as well as overall development of a country.

It is very important to understand the importance of the magical words such as "thank you," "sorry," "please," "excuse me" and gestures such as holding the door for others, not using phone while we are with someone, listening, offering your seat to someone in need, smiling at strangers while having an eye contact and many such small actions which can make someone feel a bit more happy and comfortable with you. These actions and words will also induce positivity in our mind and soul.

FUNNY PUNS

- I'm super friendly with 25 letters of the alphabet.
I just don't know why.
- Did you hear about the guy whose whole left side was cut off?
He's all right now.
- How many tickles does it take to make an octopus laugh?
10-tickles.
- How do turtles communicate with each other?
With shell phones.
- I'm positive I just lost an electron.
Better keep an ion that.

6. Why was King Arthur's army too tired to fight?
All of those sleepless knights.

7. What's so great about whiteboards?
If you think about it, they're pretty re-markable!

8. Who invented King Arthur's round table?
Sir Cumference.

9. I accidentally went to bed with my contact lenses in the other night.
My dreams have never been clearer.

10. Is your iPad making you fall asleep?
I can help - there's a nap for that.



RAKSHITA
AMARNATH - 12 F

Quote Garden

- "Plenty of people miss their share of happiness, not because they never found it, but because they didn't stop to enjoy it."
- "Every situation in life is temporary. So, when life is good, make sure you enjoy and receive it fully. And when life is not so good, remember that it will not last forever and better days are on the way."
- "The greatest mistake we humans make in our relationship: We listen half, understand quarter, think zero and react double."
- "Strength does not come from winning. Your struggles develop your strength. When you go through hardships and decide not to surrender, that is strength."
- "There are three solutions to every problem: accept it, change it or leave it. If you can't accept it, change it. If you can't change it, leave it."

Little mirrors : The glasswings



The pink glasswing butterfly – which can be found in the Amazon region and has clear wings at the top, which turns pinkish towards the bottom, making for a butterfly with matching blushing wings

These are really stunning creatures! One look at its magnificent wings, and you will be left spellbound for hours. It is one of nature's most intriguing species, and over the years the interest in its beauty has only risen. I understand that it's hard to believe but this beautiful butterfly is as real as you and me! This glasswinged butterfly also belongs to the nymphalidae family, the largest family of butterfly with over six thousand species. It is a migratory butterfly by nature and can be found in central America. Adult butterflies can be spotted from Mexico through Panama. They have also been spotted in Florida.

Here are some facts on these magnificent butterfly :

1. the Spanish name for this butterfly is "espejitos" which means 'little mirrors'
2. the average length of a glasswinged

butterfly is 28 to 33 mm, with a wing span of almost 5.6 to 6.1 cm

3. as with most butterflies, the glasswinged also look extremely delicate, but has the power to carry 40 times its own weight!
4. they are extremely fast.
5. unlike its cousins, who display their dark coloured scales to ward off predators, the glasswings protect themselves by using its translucency wings to hide itself. In most instances, it can be recognised by its coloured borders. Were it not for them, spotting these amazing butterflies would have been a tedious task.
6. the butterflies are not scarce as it is extremely difficult to spot them.

The only way you can see them is by going to a butterfly farm or exhibition, or in the wilderness of central America

Live like a butterfly, take a rest but never forget how to fly.



AFRAH QUADRI
SYEDA - 7B

The glasswing butterfly, scientifically known as GRETA OTO is a species of brush-footed butterfly and a member of the subfamily Danainae, tribe Ithomiini and subtribe Godryridina. It is known as the common name glasswing butterfly for its unique transparent wings that allow it to camouflage without extensive coloration. The veins in the wings of this butterfly are translucent, and look like glass.

BELIEF IS A SEED OF FAITH



One believes deeply that anything is possible for him to accomplish, all his responses in the world become affirmative, and no matter what the situation of his life tells him, he successfully accomplishes the dreams of his heart.

Life happens at a subtle level. What we see outside is just the projection of it. When the mind looks at too many things, it gets confused. But when he reaches a deeper level within himself, all the things of the outside world seem clear. The understanding comes at a later stage. The new venture is not accomplished with the clear picture in mind. The belief of a person has to be strong on what he is trying to achieve, but that doesn't make a ready path available for a person. He needs to have faith in himself and the work

he has taken as a task, and as he works regularly on the task, slowly the understanding develops about the work, and new ideas emerge to take the work forward.

The first step in life comes out of faith. The one who knows how to take that first step, can accomplish anything on this earth. From that first step, further path is designed for the person, and later the understanding develops on the path, and this way the whole journey is accomplished. The life is a journey from faith to trust. The first step needs to be taken in trust and soon on the path the understanding will develop for the path, and trust will come in, on the path.



VEDANT DARJI
10-B

Belief is a seed of faith. If the surroundings of a person are religious, then faith develops naturally into the person. Even the person doesn't have any experience of it, but his environment plays a huge role to develop the faith in him. All the dreams and desires of life can be accomplished with faith on oneself and on the law of existence. When

Importance of Meditation

- When your mind works faster than required, you do not get proper sleep. Regular meditation helps in relieving stress and thus improves the quality of sleep.
- Less stress means more happiness. You will live a happier and healthier life with meditation.
- People suffering from anxiety and depression must meditate daily for 15-20 mins. Meditation also helps in controlling anger.
- Meditation enhances energy gain from inner sources.
- You live a disciplined life and cultivate good habits.
- Improved concentration is the result of meditation.
- It is believed that meditation improves the immune system and thereby helps in controlling blood pressure and lowering blood cholesterol.
- Meditation provides emotional stability.



Birthday Arcade - March



REBECCA RACHEL J.
12A - MAR 1



SIVIN SOJI
12A - MAR 1



SAKINA FAKHRUDDIN
10B - MAR 1



EBIN SHIJO PAUL
8E - MAR 1



MUKUND MENON
11B - MAR 2



MOHD. SARFARAZ
12J - MAR 3



GLORIA SABU V.
11H - MAR 3



TAHA RAFIK CHIKTE
8A - MAR 3



AKHIL JO MATHEW
12L - MAR 4



FERIK GEO MELBIN
10C - MAR 4



AYESHA BATOOL
8A - MAR 4



SANJELIWALA AZEEZ A.
8B - MAR 4



ABEL BUSKUTTY
12D - MAR 5



MOHAMMED SAAD SHAIKH
10C - MAR 5



JEMY GEORGE
11C - MAR 6



MELBIN JOHN P.
11F - MAR 6



KRITIKA UMAKANTH
11I - MAR 6



RANIA GHOUSE
12K - MAR 6



NORAH ZAHUR A.
8C - MAR 6



MAHAMOOD MUHAMMED
11I - MAR 7



KRISTEN PONNACHAN
10G - MAR 7



LAKSHANA RAMESH
11B - MAR 7



JEFIN VARUGHESE
8C - MAR 7



MURTAZA TOFFIK ALI
9C - MAR 7



HUSAIN SARFRAJ A.
8A - MAR 7



HADI NABEEH
7C - MAR 8



SAFWAN SAUD T.
12D - MAR 8



BRIAN HUBERT A.
12L - MAR 8



SAKINA KOTHARI
11E - MAR 8



MARIYAM SHABEER
11E - MAR 8



ABEL PLAMOOTIL SAM
8B - MAR 8



FAIZAAN FAYAZ SHAIK
7B - MAR 8



NAWAAL SHAFEEQ S.
7B - MAR 8



RUSHIL SANGHANI
12J - MAR 9



MUHAMMED NAEEM
12E - MAR 9



JITHISH KUMAR GOPI
11G - MAR 9



HABEEB SAQLAIN R.
9A - MAR 9



MOHD MAFAZ
12L - MAR 10



JEFFIN JOB
12F - MAR 10



ALI ASGAR HUSAIN
10E - MAR 10



JEEVAN VARGHESE J.
8B - MAR 10



AHMED YASEEN MOHAMED
12A - MAR 11



ARPITA PATNAIK
11G - MAR 11



MOHAMMED BURHAN M.
7F - MAR 11



BESHALLELL KINGSLY
8E - MAR 11



TAHER ABBAS ALI
8F - MAR 11



SYDUL ALFIA
11M - MAR 12



DEVANG DINESH
12A - MAR 12



ALAN KUNJUMON
11B - MAR 12



SHANIA M. RODRIGUES
11B - MAR 12



HOZEFA FAKHRUDDIN
11G - MAR 12



RUQAYYAH SHERIFF
10B - MAR 12



MOHAMMED NURUDDIN V.
11F - MAR 12



ABHISHEK SREEKUMAR
9A - MAR 12



ASMA ATHAR SIDDIQUI
12F - MAR 13



MOHAMMED ZAKARIYA
9E - MAR 13



LARSEN LAWRENCE G.
12D - MAR 14



IRENE TREESA THOMAS
12F - MAR 14



HYDER AHMED
10G - MAR 14



BATUL HASAMUDDIN
8D - MAR 14



MARWAN MANSOOR
8F - MAR 14



SHAFANA BANU S.
12C - MAR 15



ASHBINN MANAS S.
10A - MAR 15



SAKINA ANIS B.
7C - MAR 15



MUSKAAN RAHUL
9A - MAR 15



ATEKA RAJ
12C - MAR 16



MOHAMMED SAAD R.
10E - MAR 16



KENDRICK FERNANDES
8C - MAR 16



ZAINAB ABDUL KADER
8F - MAR 16



AFRAH MOHD KHALID
11A - MAR 17



SHARON SARA ALEX
12C - MAR 17



ASTHA VIJAY THAKKAR
12A - MAR 17



HAFSAH SHABBAR S.
10E - MAR 17



ZAARA MOHAMMED
7B - MAR 17



RISHITH SHARMA
7D - MAR 17



AFIFA NADEEM
11B - MAR 18



SHEIK WASSIM AHMED
12J - MAR 19



FATHIMA JIHAN J.
10C - MAR 19



NEHA NAIR SAJEEV
8E - MAR 19



NAVYA SHYAMASUNDARA
7E - MAR 19



MUSTAFA
11G - MAR 20



RITAJ FAROOQ A.
12D - MAR 20



SAKEENA KOUSAR S.
11C - MAR 20



DANIEL D. SOUZA
11H - MAR 20



GRESHMA ELIZABETH G.
8A - MAR 20



PREWIL CRASTA
8E - MAR 20



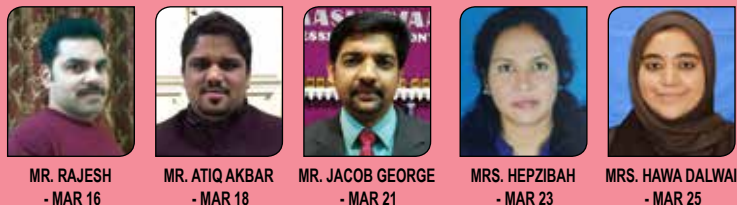
WYNONA MERLYN R.
12G - MAR 21



FARVA FATEMA M.
7C - MAR 21



PHEBE ROY
12A - MAR 22



FEAR OF EXAMS



Why do we fear exams? The stress is caused by the fear of failing in an exam or when we don't get expected marks in the exam. I have always wondered why this happens. Is it because we are not well prepared? I feel it's of course lack of preparation and

planning ,but also other factors like low motivation level, and high expectation from others add up to our stress and anxiety . Some students are capable of handling it in their own . But some fail in handling the pressure. The parents, relatives and peer pressure is also a sword hanging on our heads. Frequently, this fear is groundless, a kind of free floating anxiety. But what can we do to overcome this? Can anyone help or guide us to overcome this fear. As we need nutrition for our body, we too need mental nutrition - love, care and affection. These are not only elements which gives us motivation, but we also need to believe in ourselves. What can we do by our own to

overcome the exam stress for a certain limit? I feel, a positive attitude towards studies will help us. We can achieve that by constant prayers and by doing certain things like,

- * Working out what revision time table suits each one of us
- * Selecting the best time for studies
- * Taking 10 min break in between our study time
- * Sharing the ideas and clearing the doubts and finally by finding time for relaxing.

As Colin Powell said, there are no secrets to success, it is the result of preparation, hard work and learning from failure.



VYSHNAVI MENON
- 10A

Humanity Vs Technology

Imagine a world without cell phones, personal computers, MP3 players, cars, and television. Life without those pieces of technology would be drastically different. In the past century, the world has seen an unprecedented number of technological advancements. However, these advancements are often taken for granted. Most people do not realize the complexity of the processes that occur when they use technologies like the Internet or computers. Nevertheless, are the devices that people use in their day-to-day lives essential? Is technology helping or hurting society? Overall, technology is helping society because it improves the quality of life and it provides independence for physically disabled people.

But the computer can also have side effects, to our behavior, and even to our appearance. Some children get so entangled in this technology that their eating and sleeping habits change and along with their behaviors.

The reach is so drastic that texting happens within the members of your own house.

Technology is changing the way we live, changing the way we interact, it lets us understand the world better, and it helps us write documents, do our homework, make money, present neat computerized presentations, and even edit documents with others in real-time. But what I am saying is that technology is evolving, to engulf us into different activities. To conclude, I believe in technology, I completely support it, but only to an extent. I say go ahead and enjoy what technology has to offer, learn about the world we live in, entertain yourself and engulf in it, just until it doesn't affect your appearance or the people around you and



AISWARYA
HARIGOPAL - 12D

especially the person in you. Think about it like this, we as humans made machines we can't let machines make us who we are.

Daydreaming or night dreaming better?



Which is your choice - Daydreaming or night dreaming? If you are daydreaming, you can choose what to dream even though it creates a distraction. You can also continue the dream later. But when it comes to dreams

at night, you have no idea of what you are dreaming and it cannot be continued once you wake up. You might see more than one mixed dreams while sleeping, sometimes scary, and sometimes happy and sometimes we wake up tensed. It is said that our subconscious mind is awake and hence we see dreams at night.



KATHERINE MARY
10 A - 118017

While daydreaming you won't get nightmares but it will be short and you might not get the feel of a night dream. Do you agree? But those things you actually haven't achieved in life can be made true through daydreams; isn't it?

Which one is better and which one do you prefer?

OH MOTHER, THERE IS NO ONE LIKE YOU.



ANAKHA VINOD
10 A

she is open like an ocean
She knows me crystal clear
She's a friend ,a nurse and a sister
She is; a holy being

My mother,oh! My dear friend
How much you suffered for me?
How much you do for me?

You find my wrong and make it right
You know me well and you know you're right
You are a star that makes things bright;
You are the reason for my light.

You tease ,you shout,you scold when I am wrong
You play along ,when I prove you're wrong.
You are a soul ,full of love
You are the prettiest of them all.

You are beautiful within and out
When everyone leaves me in my worst times,
You stay close to me, closer than you can.

You are a bag full of experience,
Who helps me in the right time
Oh!mother; there is no one like you,
And no one to replace a friend like you.

INTER HOUSE MATH QUIZ



The Mathematics department of ICSK senior branch conducted an Inter house Math Quiz for the students of class 7 and 8. The 1st position was bagged by Winners house and the team comprised of Arjun, Aaron and Justin. The 2nd position was shared between Victors and Leaders houses. The team members were Sanskar, Janice , Manmeet, Joshua, Ahmed and Anushree.

Aashirvaad 2019: ICSK immersed in blissful blessings for Class XII students



YouTube and Facebook.

The ceremony commenced with the welcoming of star dignitaries, Chief Guest-His Excellency Mr. K. Jeeva Sagar, Ambassador of India to Kuwait, Guest of Honor-Mr. Ali Al Sayegh, Owner and Chairman of IIC, Members of Board of Trustees ICSK – Mr. Shaik Abdul Rahiman (Hon. Chairman), Mr. Amer Mohammed (Hon. Secretary), Mr. Agnello Fernandes (Hon. Jt. Secretary), Principals and Vice-Principals of ICSK Branch Schools.

Graduation is not the end, it's the beginning- Senator Orrin Hatch.

A colourful blessing and farewell ceremony for Class XII was organized at the Indian Community School Kuwait (Senior) on the 14th February 2019. The school bid a fond farewell to the outgoing Class XII batch of 2018-19 with great enthusiasm. The evening was a fiesta devoted to the years

spent together with friends and teachers to reminisce joyous moments. After the joys and struggles of fourteen long years, their journey in the school came to an end. When school life ends, a new journey into life begins. It was held in the auditorium to recognize the distinguished students wishing them the very best for their Board examinations and their future endeavors. Aashirvaad, the blessing ceremony was also broadcasted live on

The Chief guest, H. E. Mr. K. Jeeva Sagar addressed the gathering emphasizing that the ability to think out of the box is the key to success. He also guided the students to respect everyone and value experience. He extolled that knowledge does not seek anyone but one must seek it. He exclaimed at how beautiful and meaningful the term 'Aashirvaad' is and blessed the students for a successful future.

Reminiscence segment witnessed the students of ICSK sharing their experiences and rendering their gratitude.

Three Hundred Twenty-Two students from forenoon and afternoon sessions were presented with mementos by the Principals of Branch schools along with their class teachers.



BIRTHDAY CUM CHARITY FUND

BALANCE SHEET FOR THE MONTH OF FEBRUARY 2019

INCOME (JANUARY)	KD	EXPENDITURE (FEBRUARY)	KD
Balance c/f from January	2237.615	Mr. Mohd Nazrul Islam	150.000
Special collection - Help a patient programme Mrs. Suraiyabanu Syed	935.000	Mrs. Evangelina Sadang	150.000
		Mrs. Gillella Shailaja Andra	150.000
		Contribution to Mrs. Suraiyabanu Syed	935.000
	3172.615		1385.000
Balance from January	1787.615		
Contribution from Students & Staff (February)	104.745		
Contribution from Well Wisher	10.000		
Balance in hand	1902.360		

BIRTHDAY FUND AND CHARITY FUND COLLECTION - FEBRUARY 2019

CLASS / SEC	Birthday Fund	Charity Fund	Sub Total
8A	-	9.145	9.145
8B	-	6.835	6.835
8C	-	3.905	3.905
8D	-	8.255	8.255
8E	-	3.450	3.450
7A	-	3.650	3.650
7B	-	2.905	2.905
7C	-	4.650	4.650
7D	-	2.060	2.060
7E	-	17.620	17.620
	-	62.475	62.475
AFTERNOON			
VI A	-	0.795	0.795
VII F	-	1.140	1.140
VIII F	-	4.280	4.280
IX E	-	-	-
X E	-	9.345	9.345
X F	-	1.685	1.685
X G	-	2.465	2.465
XI M	-	-	-
XII J	-	2.035	2.035
XII K	1.000	5.005	6.005
XII L	-	1.520	1.520
Total	1.000	28.270	29.270
Grand Total	1.000	90.745	91.745



CHARITY CONVENORS - MARCH



JOHN HARSHITH
-12A



ARSHIYA NAAZ
-12B



MARIYAM ATHAR
-12C



ELION DOMINIC R.
-12D



ISRA YUNUSKHAN
-12E



SHREYA BHAT
-12F



SHERWIN THOMAS
-12G



DIYA AJAY
-12H



ZOYA
-10A



DAANYA B. NAIDU
-10B 118184



WALEED KHALID
-10 C

Daya Bai boosts the morale of students in ICSK



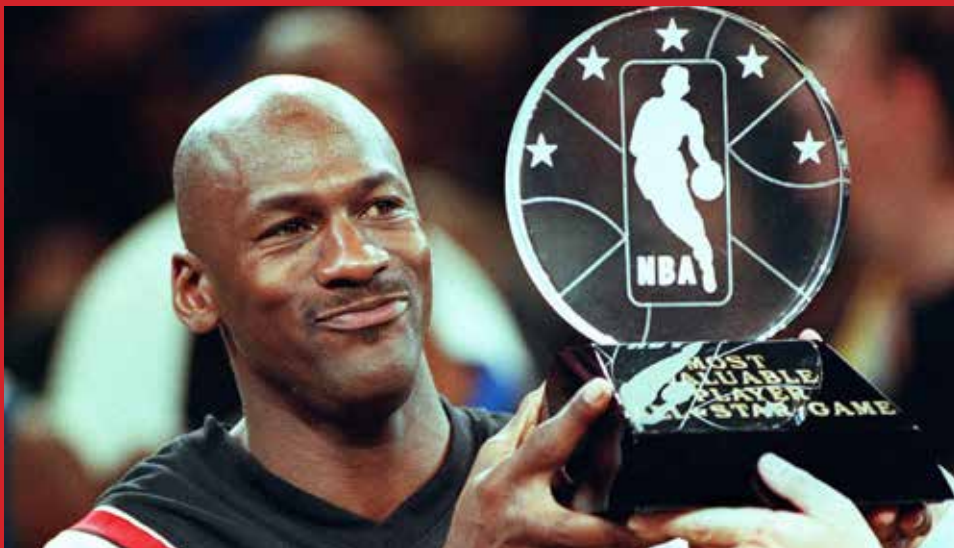
Ms Mercy Mathew, commonly known as Daya Bai is a well-known social activist. From the age of sixteen, she has been working for the upliftment of tribal and other oppressed communities in different parts of India. Fighting and striking for the rights of the endosulphan victims in Kasaragod district, Kerala, India, she is also active in their treatment. She was in the war zone Bangladesh serving the war victims. A noted environmentalist, she participated in enormous agitations like Narmada Bachao Andolan.



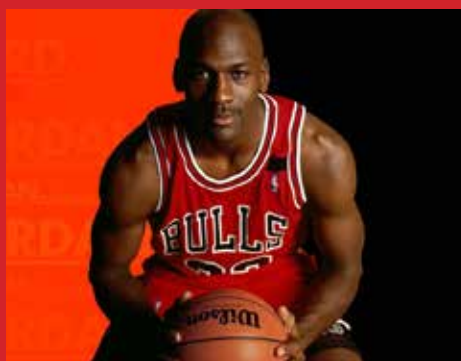
Salmiya, February 17, 2019: Daya bai, dressed in a simple cotton saree with colourful necklaces and clinking bangles looked no more than a tribe from India. "And this attire has made me face a lot of discrimination. But I have not given up my desire to serve those exploited in life and live like them.", she said. She was interacting with the students at Indian Community School Kuwait, Senior on February 17, 2019.

She felt that fighting for equality and to giving voice for such people is what had to do. She advised the students to follow the preamble. According to the constitution of India, every citizen has equal status and rights.

MICHAEL JEFFREY JORDAN



Michael Jeffrey Jordan (born February 17, 1963) also known by his initials, MJ, is an American former professional basketball player. He played 15 seasons in the National Basketball Association (NBA) for the Chicago Bulls and Washington Wizards. His biography on the official NBA website states: "By acclamation, Michael Jordan is the greatest basketball player of all time." He is currently the principal owner and chairman of the NBA's Charlotte Hornets.



Jordan joined the Bulls in 1984 as the third overall draft pick. He quickly emerged as a league star and entertained crowds

with his prolific scoring. His leaping ability, demonstrated by performing slam dunks first NBA championship with the Bulls, and followed that achievement with titles in 1992

and 1993, securing a "three-peat".

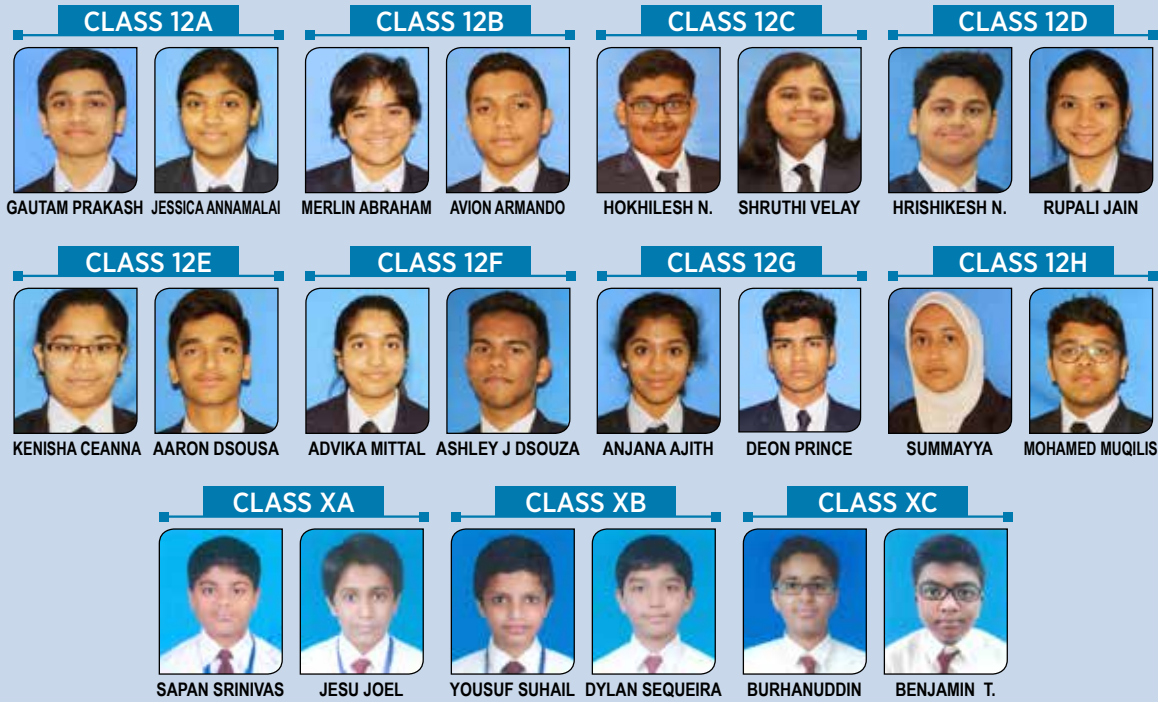


NIYANTH VENKATESH - X A

Jordan's individual accolades and accomplishments include six NBA Finals Most Valuable Player (MVP) Awards, ten scoring titles (both all-time records), five MVP Awards, ten All-NBA First Team designations, nine All-Defensive First Team honors, fourteen NBA All-Star Game selections, three All-Star Game MVP Awards, three steals titles, and the 1988 NBA Defensive Player of the Year Award. He holds the NBA records for highest career regular season scoring average (30.12 points per game) and highest career playoff scoring average (33.45 points per game).

Jordan is also known for his product endorsements. He fueled the success of Nike's Air Jordan sneakers, which were introduced in 1984 and remain popular today. Jordan also starred as himself in the 1996 film Space Jam. In 2006, he became part-owner and head of basketball operations for the Charlotte Bobcats (now Hornets), and bought a controlling interest in 2010. In 2014, Jordan became the first billionaire player in NBA history. He is the third-richest African-American, behind Robert F. Smith and Oprah Winfrey

CAPTAINS & VICE CAPTAINS - MARCH



ICSK abreast in quizzing spree



Quizzing is not arcane trivia. It is sharing the joy of acquiring knowledge. It is about curiosity and enthusiasm. It makes you think and take educated guesses. It is the willingness to learn.

It was all evident at the inter-branch quiz competition held at Indian Community School Kuwait, senior on February 27, 2019 as the participants and the audience went gaga over the questions and the answers. They were in gaiety of learning anew every

30 seconds or 1 minute. Mr John Joseph, an orator and a known person among the world of quiz competitions in Kuwait mastered the quiz competition. In the midst of posing questions, he gave the students tips on preparing for quiz and oratory skills. He spoke on the importance of reading newspapers and books.

The team from ICSK Amman comprising of Reuben George Mathew and Caleb Kurian George, Sabah Faez Faisal and Siddharth

Sunil; and Diya Ajay and Jehan Sharuk of ICSK senior won the first prize in the 3,4 and 5 categories respectively.

In the category 3 and 4 section, the second prizes were bagged by Aaron Varghese James and Liva Maria Sunil of Amman branch; and Arjun P Sujith and Reuben Laki George of Senior branch, respectively. In the category 5 section, the second spot was taken by Aishah Wafiyath and Sajitha Khan of ICSK Khaitan.

THE IMPORTANCE OF HOBBIES



During the academic year, we are busy learning specific material that will help us to succeed in school as well as in life. Learning skills through as an hobby or extracurricular activity is important in a different way. One of the magics of childhood is that everything is new. We are exploring who we are, what we enjoy, and what we are good at. Hobbies provide an excellent opportunity for us to

learn new skills and develop in ways that academic pursuits don't always allow for.

Hobbies, especially sports, encourage team-building skills and helps us to meet new people and form friendships. Even if a student isn't the best on his / her team, hard work and practice will see improvements in his/her sports skills, which builds self-confidence on and off the field. If a student discovers a talent for a sport, extended practice and honing in skills can help him/her to excel in high school and perhaps even receive a sports-based scholarship to college.

Most of us love spending time in front of screens, whether it's the TV, computer, phone, or all of the above. Physical activity

through hobbies is a good way to relieve stress, build strength, and keep physically fit. Exercise is an important part of maintaining a healthy weight and avoiding conditions such as type 2 diabetes and heart disease later in lives of students. Enjoyment of sports at a young age can encourage students to develop good life skills that will help them to become healthy adults. Hobbies also sharpen the mind. Sports strategy and quick-thinking on the field helps to keep students's minds active while they're not in the classroom. It also provides a fun way for them to avoid boredom during the long, hot summer days.



ASHWIN NAIR
10 A 117071

IMPACT OF ANIMATION ON CHILDREN



Children these days watch a lot of television. Every morning when they go to school or when they come back from school, the first thing they do is turn on the television. Animation is a sequence of patterns moving

quickly to create an optical illusion. Animation is closely related to brain functioning. It helps in the development of a child brain. It splashes a wide palette of colors and helps in developing imagination. Animation

helps the children in becoming more creative and innovative. It develops new ideas in them. They learn new things from animation before they start going to school. It develop new ideas in them and teaches them new things. Children prone to animation are more expressive than the ones who are not. It is a simpler way of academic development. It boosts brain growth, accelerates auditory sense. Animation teaches a child moral values before the school does. The parents also need to keep a look on what the child is watching. Children should not watch violent shows and only educational programs should be seen. The duration of watching television should be limited otherwise can lead to harmful diseases.



ASRA ARIF
11 H

SPACE JUNK – ONE OF HUMANKIND'S GREATEST ENVIRONMENTAL CHALLENGES

'There are so many problems to solve on this planet first before we begin to trash other worlds!'

Well, you've probably heard about junk; unused items on earth, your home and, even your mobile phones! But what is this new thing; SPACE JUNK? 100 million pieces of space junk are orbiting the Earth just above our atmosphere, at the speeds of up to 17,398 mph, posing a challenge for future generations who want to work and live in space! This includes rocket debris and dead satellites, including tiny flecks of paint

orbiting the Earth at 25,000mph.

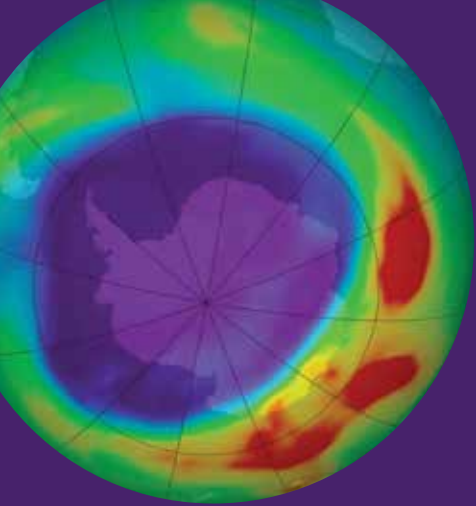
Even though it is tiny and just a few inches larger than your fist, doesn't mean it is not going to be a problem. They could damage and rip off any satellite they hit, including the ISS (International Space Station). This situation around Earth is only getting worse. Each time a piece of junk hits a satellite, the satellite is again fragmented into waste space junk and can be a threat to other satellites and the cycle goes on. This is known as the KESSLER SYNDROME, proposed by a NASA scientist, Donald J. Kessler in 1978.

Cleaning up orbital space and turning it into an environment than can be sustainably used may take years to achieve. Designers of new satellites and vehicles and built in such a way that it can be safely disposed of at the end of its life: for example by use of a controlled atmospheric re-entry system or a boost into a graveyard orbit.

Link: <https://youtu.be/HVov8o9x0yl>



SUPRAJA
GOPIKRISHNAN
-7E



OZONE DEPLETION

The ozone layer, found in two regions of the Earth's atmosphere, plays pivotal roles to earth's life. Stratosphere is a region of the atmosphere found slightly above the earth's surface. On the other hand, the other region of the ozone is referred to as the stratosphere. The upper ozone or sometimes referred to as stratospheric ozone or good ozone absorbs the ultraviolet light which damages biological life by allowing a small amount to reach the surface of the earth. The ozone absorbs ultraviolet radiation thus creating a source of heat which forms the stratosphere. In this regard, ozone, therefore, plays a crucial role in controlling the temperature structure of the Earth's atmosphere. Absence or depletion of the ozone layer affects the filtering capacity of the ozone layer thus, allowing more ultraviolet radiation to penetrate the atmosphere and

reach the earth surface.

Depletion of the ozone layer is a thorny issue not only to environmentalists but to the world at large because of the devastating affects it has on the climate. This calls for the formulation of approaches to cut down the effects of the ozone layer depletion. This can be done by reducing the activities that lead to this problem. First and foremost, educating the general populace by creating awareness on the detrimental effects their activities have on the climate is essential. This is informed by the fact that climatic changes leading to destruction of the ozone layer are caused by human activities.



SIDHARTH SUDHEER - 11C

The past century has seen scientist discover that the planet has been warming up. Studies carried out indicate that the temperature of the earth from the beginning of the twenty-first century has risen by a degree Fahrenheit. This might appear a slight increase in temperatures but specialists in this field of study argue that it might have devastating effects not only on human life but also the entire earth biological diversities.

Discovering the Magic of Harry Potter

Acting is behaving truthfully under imaginary circumstances. - Sanford Meisner



Dramatization is an age old art. It plays a major role in enhancing the creative potential of the children to explore characters and situations, develop their ideas and learn performance skills. It provides a platform to the students to express their feelings.

On 17th February 2019, Sunday students of class VII enacted the movie adaption of the novel Harry Potter and the Chamber of Secrets, written by J. K Rowling in the school

auditorium. Under the supervision of Mrs. Manjumithra Sarath, Dept. of English, the students whole - heartedly worked as a team and presented a medley of thoughts, ideas and expressions. They were proactive and brought the story alive by spicing them with their emotions. Their performance captivated the attention of the young audience of classes VII and VIII. It was appreciated by one and all.

HOW TO BUILD SELF CONFIDENCE

Not everyone is born with an inbuilt sense of self-confidence. Sometimes it can be hard to develop confidence, either because personal experiences have caused you to lose confidence or because you suffer from low self-esteem.



VIGNESH NITYANANDAM - 8C

A confident person does what he believes is right, even if it's unpopular.

He is willing to take risks. He admits his mistakes and learns from them. He is able to accept a compliment and above all he is optimistic.

Tips for building self-confidence

1. Look at what you've already achieved
2. Think of things you're good at
3. Set some goals
4. Talk yourself up
5. Get a hobby

A KING'S PAINTING



Once upon a time, there was a Kingdom. The king there only had one leg and one eye, but he was very intelligent and kind. Everyone in his kingdom lived a happy and a healthy life because of their king. One day the king was walking through the palace hallway and saw the portraits of his ancestors. He thought that one day his children will walk in the same hallway and remember all the ancestors through these portraits.

But, the king did not have his portrait painted. Due to his physical disabilities, he wasn't sure how his painting would turn out. So he invited many famous painters from his and other kingdoms to the court. The king then announced that he wants

a beautiful portrait made of himself to be placed in the palace. Any painter who can carry out this should come forward. He will be rewarded based on how the painting turns up.

All of the painters began to think that the king only has one leg and one eye. How can his picture be made very beautiful? It is not possible and if the picture does not turn out to look beautiful then the king will get angry and punish them. So one by one, all started to make excuses and politely declined to make a painting of the king.

But suddenly one painter raised his hand and said that I will make a very beautiful

portrait of you which you will surely like. The king became happy hearing that and other painters got curious. The king gave him the permission and the painter started drawing the portrait. He then filled the drawing with paints. Finally, after taking a long time, he said that the portrait was ready!

All of the courtiers, other painters were curious and nervous thinking, How can the painter make the king's portrait beautiful because the king is physically disabled? What if the king didn't like the painting and gets angry? But when the painter presented the portrait, everyone in the court, including the king, left stunned.

The painter made a portrait in which the king was sitting on the horse, on the one-leg side, holding his bow and aiming the arrow with his one eye closed. The king was very pleased to see that the painter has made a beautiful portrait by cleverly hiding the king's disabilities. The King gave him a great reward.

Moral: We should always think positive of others and ignore their deficiencies. We should learn to focus on the good things instead of trying to hide weaknesses. If we think and approach positively even in a negative situation, then we will be able to solve our problems more efficiently.

HOW THE INDIAN STATES GOT THEIR NAMES?

RAJASTHAN



Rajasthan means adobe of Rajas during the british era it was known as Rajputana, Land of Rajputs

TAMIL NADU



Tamil Nadu means homeland of Tamil people

TELANGANA



Derived from the word 'Trilinga' which translates to the country of the 3 shiva Lingas

Student Name:

Class : Section: Roll No.:

Serial No.



ACKNOWLEDGEMENT

I, the parent of studying in class section hereby, acknowledge the receipt of the March, 2019 edition of the ICSK Senior Monthly Magazine, EPICS.

Signature: Date:

Name:

WORLD



FEBRUARY 2019 in a Nutshell



Abu Dhabi includes Hindi as third official court language: In a landmark decision, Abu Dhabi has included Hindi as the third official language used in its courts, alongside Arabic and English, as part of a move designed to improve access to justice.

This is aimed at helping Hindi speakers to learn about litigation procedures, their rights and duties without a language barrier, in addition to facilitating registration procedures via unified forms available through the ADJD website



Boeing delivers first four Chinook helicopters for IAF: American aerospace major Boeing announced the arrival of first batch of four Chinook military helicopters for the Indian Air Force at the Mundra port in Gujarat. The Chinook is a multi-role, vertical-lift platform, which is used for

transporting troops, artillery, equipment and fuel. It is also used for humanitarian and disaster relief operations and in missions such as transportation of relief supplies and mass evacuation of refugees.



Vande Bharat Express begins first commercial run: The Vande Bharat Express - India's first semi-high speed train - began its first commercial run, a day after it broke down on its way to Delhi from Varanasi.



Aradar to predict 'guerilla rains' in Tokyo: With an eye on the Tokyo 2020 Olympics, Japanese researchers are developing a new system to accurately forecast torrential downpours - known in Japan as 'guerilla rainstorms' - 30 minutes before they strike. Scientists have created a high-tech radar

capable of producing a three-dimensional map of a rain cloud in 30 to 60 seconds. They say this is a significant improvement on existing systems that measure only parts of a cloud in up to five minutes.



Informal sector workers can join pension scheme: All unorganised sector workers up to 40 years of age can subscribe to the Pradhan Mantri Shram Yogi Maandhan (PMSYM) scheme, which entails a minimum monthly pension of ₹3,000, a Labour Ministry notification said. The scheme would

provide them an assured pension of ₹3,000 from the age of 60 years on a monthly contribution of a small amount during their working life.



Prince Salman's visit to India a historic opportunity to strengthen ties: Saudi Arabia's Crown Prince Mohammed bin Salman's visit to India presents a "historic opportunity" to expand collaboration in all sectors, the Gulf country's envoy here said. Counter-terrorism and energy security are expected to top the agenda for discussions during the trip.



PM Modi inaugurates National War Memorial in New Delhi: Prime Minister Narendra Modi inaugurated the country's National War Memorial (NWM) adjoining the iconic India Gate complex in the heart of the capital, nearly 60 years after it was mooted to honour the fallen soldiers after

Independence.



Trump to declare national emergency to build border wall: US President Donald Trump will sign an executive order declaring a national emergency, which will empower him to fund the construction of a massive wall along the US-Mexico border to prevent illegal immigrants from entering the

country and curb drug smuggling.



Pulse Polio programme for 2019 launched: President Ram Nath Kovind launched the Pulse Polio programme for 2019 on March 9 by administering polio drops to children below five years at the Rashtrapati Bhawan. Kovind administered the polio drops on the eve of National

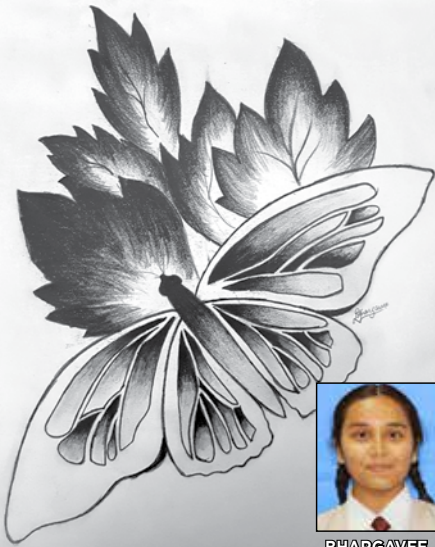
Immunisation Day, which is observed on March 10. More than 17 crore children below five years across the country will be given polio drops as part of the central government's drive to sustain polio eradication from the country



Indian doctors in U.K. campaign against 'unfair' health surcharge: U.K.-based Indian doctors and health-care professionals are campaigning against what they describe as an "unfair" doubling of a health surcharge imposed on professionals from outside European Union (EU) living and working in Britain. The "Immigration Health Surcharge" was introduced in April 2015 and from December last year, it was hiked from £200 to £400 per year.

"Always keep the communication regular because what disturbs the most is not the noise of a stranger but the silence of a dear one."

Art Gallery



BHARGAVEE
DAS - 9D



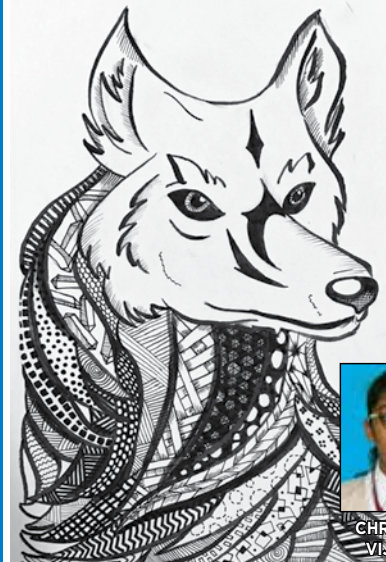
KESHETTY
SREEJA - 12C



LAKSHANA
RAMESH - 12B



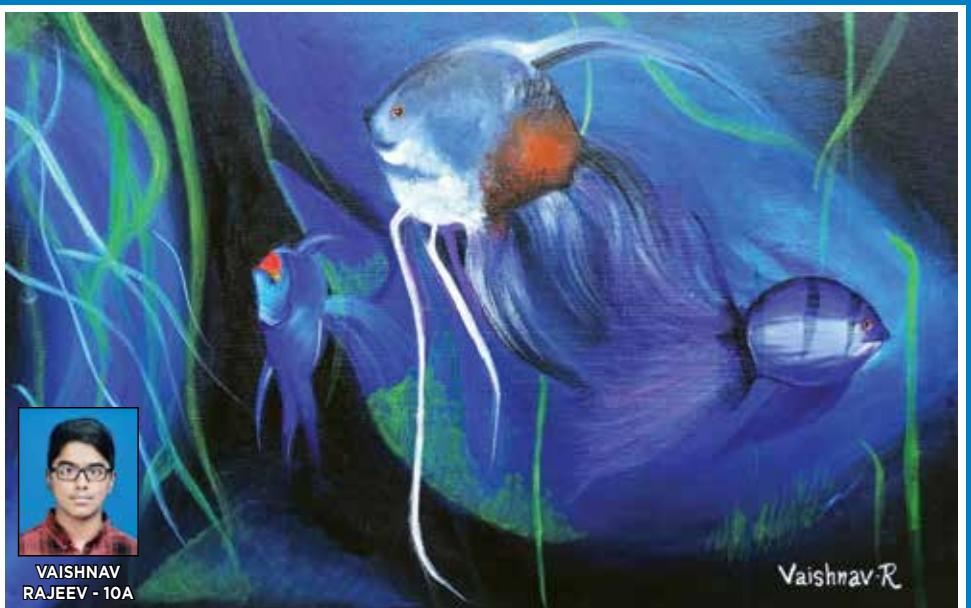
ALEENA
PAULY - XC



CHRISTINA
VIJI - 8D



ZOYA ZOYA
DEEPAK - 9D



VAISHNAV
RAJEEV - 10A

Vaishnav R

EPICTIONARY

1. **Xenophile:** Meaning - a person attracted to foreign people and customs.

Used in a sentence: Interested in French cuisine, the British xenophile traveled to France for a cooking class.

2. **Rudimentary:** Meaning - basic; minimal.

Used in a sentence: Even though the information seems rudimentary, a review of the basics now and then will ensure that you will respond appropriately in emergency situations.

3. **Void:** Meaning - having no legal force or effect.

Used in a sentence: The Supreme Court declared the lower court's decision void and overturned the ruling.

4. **Unkempt :** Meaning - not clean or tidy.

Used in a sentence: Excessive littering has turned this once clean soccer park into an unkempt field.

5. **Transience:** Meaning – the state of only lasting for a short period of time.

Used in a sentence: Realizing the transience of daytime hours, the gardener hurried to finish her work before the sun went down.

6. **Thoroughfare:** Meaning - a main road in a town.

Used in a sentence: A town's thoroughfare will usually lead you from one end of the settlement to the other, since it is designed as the main road.

7. **Stick-in-the-mud:** Meaning - a person who is too serious and refuses to take part in anything fun.

Used in a sentence: Mike's dad is a stick-in-the-mud, so he is never allowed to go to any of the fun events at school.

8. **Quintessential:** Meaning – representing the most perfect example of a quality or class.

Used in a sentence: Everyone knows watermelon is the quintessential fruit on a hot summer day.

9. **Relinquish:** Meaning -to give up, abandon.

Used in a sentence: No matter how many setbacks you have to face, don't relinquish your dream of getting into medical college.

10. **Poignance:** Meaning - the quality of evoking great sadness or regret.

Used in a sentence: Even though I wasn't in a sorrowful mood, the poignance of this tragic poem made me somewhat sad.



Health is Wealth. This is the famous quote. This is a common topic of today's life. We discuss and write essay about this topic all the time. In today's world, everybody is interested about knowing how to make money easily and become wealthier by adopting a shortcut. But they actually don't know about the real wealth of their life. I think health is the most important thing in this world. Let's suppose if you have little pain in any part of your body, your whole body would be disturbed. In this article we'll discuss about the correct life style to follow to be healthy.



JOEN JAMES
10 A

How to be Healthy and Wealthy ?

Maintain Healthy diet

Food plays an important role in the human body. Good and fresh food keeps the body fresh and active. If you want to keep yourself always young and don't want to look old before your actual age, try to eat vegetables as much as you can. Fruit is the best choice for a healthy diet. Some people do not like fruits, but fresh fruits and vegetables make you a healthier person free from diseases.

Daily Exercise

Sitting all the day at home in front of the television or laptop makes a person lazy and unhealthy. Human body needs good exercise to be healthy. During exercise the circulation of blood is better. Because of proper circulation of blood we remain free from illness. This also helps our muscles to be strong and active.

Regular Sleep

Go early to bed and wake-up early in the morning. According to doctors, human body needs around eight hours sleep in a day. So if you sleep more or less than eight hours, it can lead to bad impact on your health.

Regular Morning Walk

There are lot of advantages and benefits of morning walk. Regular morning walk plays an important role in healthy body. If you are regular for morning walk, you need no exercise and so no need to waste money and time in the gym. Early morning walk keeps our body active through out the day.

A man may have all the riches and luxuries he aspires for, but the key to all of them is health. Unless one is fit enough, all the wealth is a waste. Try to realize that health is our greatest wealth. It is our most important possession. A person who is negligent about health cannot enjoy the pleasure of being wealthy. The change we need to make starts from within us. It is only when we will take care of our health and initiate steps towards its well-being, we will be able to bring a difference and succeed in our other endeavors.

Forthcoming Events



- Class XI entrance exam on March 30th
- Class XI orientation programme
- Class X and XII parents meet
- Gavels club inauguration
- Publication of results from class 6 to 8
- Text book and Note Book distribution
- Welcoming Class 6 & 7 from Junior on 1st April
- Harvest Festival
- ACCA inauguration
- Dance Club inauguration
- Recycling of Papers Project 2019.



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